

## November 2004 Weightline News

[Moses Lake Accepts Challenge To Eat Better And Get More Exercise](#) (*Seattle Post-Intelligencer*)

[It Takes A Village](#) (*Active Living Network Update*)

[Obesity Prevention Coalition Targets Children](#) (*Sentinel & Enterprise*)

[Bring Back Exercise In Schools](#) (*Metro West Daily News*)

[Walking Matches Success Of Fancy Gym Workouts, Studies Show](#) (*The Shreveport Times*)

[Moving Kids To Healthy Choices](#) (*Daily News Tribune*)

[Everyone Wants To Know: What Is The Best Thing To Do To Get In Shape?](#) (*Cincinnati Enquirer*)

[Exercise In Classroom Warms Up Kids' Minds](#) (*The Arizona Republic*)

[Super Sized State-Alabama Ranks Among The Nation's Most Unhealthy States](#) (*Opelika-Auburn News*)

[Tackling A Weighty Issue](#) (*The Naperville Sun*)

[Only 1 In 4 State Students Are Fit](#) (*The Modesto Bee*)

[Healthy Habits for Kids Pushed in Oklahoma](#) (*The Intelligencer*)

[Recess A Dying Trend In U.S. Schools-Daily Activity During School Keeps Kids Healthy](#) (*The Spectrum*)

[The Benefits And Caveats Of Walking With A Pedometer](#) (*The Virginian-Pilot*)

[Out-Of-The-Box Approach To Breakfast Champions Heart Health](#) (*American Medical News*)

[Reading, Writing, Recess-Is Jump-Rope The Answer To The Obesity Epidemic?](#) (*Newsweek*)

[\\$2.8 Million Public-Private Partnership To Examine How Surroundings Can Encourage Active Lifestyles](#) (*NIH News*)

[Fitting In Fitness: How To Work Exercise Into Your Day](#) (*Mayo Clinic House Call*)

[It's Never Too Early To Teach Kids The Activity Habit](#) (*USA Today*)

[Pedometers Increase Physical Activity, Study Says](#) (*Sun Herald*)

[Young Adults who Maintain Their Weight, Even if Overweight, Have Lower Risk Factor Levels for Heart Disease in Early Middle Age](#) (*NIH News*)

[Harrison Twp. Students Pumped Up About Exercise](#) (*Detroit News*)

[Women Reap Fitness Rewards By Belly Dancing](#) (*Houston Chronicle*)

[Exercise Fear Can Be Fatal, Study Reports-Benefit Outweighs Heart-Attack Risk](#) (*Chicago Tribune*)

[Heavier Population Heads For Big Trouble](#) (*News & Record*)

[Valley Residents Hiking toward Health](#) (*San Fernando Sun*)

[Exercise Cuts Death Risk Later In Life-Study Finds 35% Less Chance Of Dying In Next 8 Years](#) (*Health Day News*)

[Bottomless hunger](#) (*Washington Post*)

[Don't flirt with diets; marry a new lifestyle](#) (*Tribune Review*)

[In the night kitchen](#) (*Washington Post*)

[Women fight weight gain caused by hormone loss](#) (*Arizona Living*)

[Those holiday temptations needn't deep six your diet](#) (*AJC.com*)

[FDA unveils new rules for supplement labels](#) (*MSNBC*)

[Left overs rate big with diners](#) (*DetNews.com*)

[Cooking for one? Have a plan](#) (*More TV32.com*)

[Eating pizza with peace of mind](#) (*MSNBC*)

[Taking pounds off and keeping them off requires a new way of thinking](#) (*Sun-Sentinel.com*)

[Life changes weigh in her favor](#) (*Modbee.com*)

[The state of weight](#) (*Salt Lake Tribune*)

[Whole grains strongly associated with keeping weight off](#) (*FoodNavigator*)

[Are you an emotional eater](#) (*Pittsburgh.com*)

[Students' eating habits revolve around access and schedules](#) (*The Signpost*)

[Waist size linked to future heart trouble](#) (*ABCNews*)

[A carb is a carb is a carb](#) (*MSN*)

[Low carb, high risk](#) (*Forbes.com*)

[Are diet supplements safe?](#) (*USAToday*)

[Avoid gaining weight this holiday season with a few simple tips](#) (*Citizen-Times.com*)

[Crackers-how they stack up](#) (*CSPInet.org*)

[The loneliness of the night time snacker](#) (*USAToday*)

["Lose to win" cranks up for the holidays](#) (*Heraldsun.com*)

[Study: Low fat vs low carb](#) (*CNN.com*)

[Study: The bigger the platter, the bigger the appetite](#) (*USAToday*)

[Holiday Challenge 2004: The demands of the holiday season seem to expand yearly, that doesn't mean you have to](#) (*Washington Post*)

[Diet takes some faith](#) (*Washington Times*)

[Smart choices can prevent holiday bulge](#) (*PJSta.com*)

[Walking the weight loss equalizer](#) (*USAToday*)

[For dieters, dairy's impact is minimal](#) (*USAToday*)

[Eating more without more calories](#) (*MSNBC*)

[Coping with food pushers](#) (*Washington Post*)

[The skinny on diets](#) (*Chicago Sun Times*)

[Prepare yourself mentally to avoid adding extra pounds](#) (*AZCentral.com*)

[Enjoy Thanksgiving meals, they can be good for you](#) (*ABC News*)

[Gorging your way through the holidays](#) (*ABC News*)

[Holiday Trimming](#) (*LA Times*)

[Splurge for once](#) (*STL Today.com*)

[The day of the turkey](#) (*Washington Post*)

[Airports offering healthier food choices](#) (*Washington Post*)

[For dessert: practical advice](#) (*USA Today*)

[Popular diets: the good and the bad](#) (*Presstelegram.com*)

[How'd I get so fat?](#) (*AARP*)

[Low glycemic load diet may improve ability to stay on a diet longer](#) (*EurekAlert*)

[Feasting without fattening this holiday season](#) (*Newsday.com*)

[Make Thanksgiving dinner healthier](#) (*ABC News*)

[Don't let holiday snacks expand your waistline](#) (*Herald-Dispatch*)

[Can fit outweigh fat](#) (*Washington Post*)

[You don't have to be as stuffed as the turkey](#) (*CNN.com*)

[Healthful tips for the holidays](#) (*FortWayne.com*)

[Healthier fare invades the workplace, replacing chocolates and pastries](#) (*Lansing State Journal*)